

PRIME TIME NEWS

MOUNTAIN VIEW SENIOR CENTER

July

2012

WHAT'S INSIDE

Workshops	Page 1
Monthly Movies	Page 2
Our Center	Page 3
Keeping Current	Page 4-5
Center Services	Page 6
Travel	Page 7
Lunch Menu and Activities	Page 8-9
Back Page	Page 10

SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Recreation Coordinators

DIANE ATIENZA
SARAH FOSTER (acting)

Office Assistant III
ROY DAY

Recreation Specialist
NANCY HUGYIK

Nutrition Program
EARLENE MINNIS
650-964-6586

Evening Building Attendants

MORGAN BYLER
MANNY CANAAN
BJ HATHAWAY
ANGELIKA IGNAITIS
JUSTINA LINAN
RICH STEPHENS

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

Breast and Cervical Cancer

Join Linda Chuang, MPH, CHES, for this important and educational workshop about taking charge of your health. Linda will cover topics such as what cancer actually is, risk factors for breast cancer and for cervical cancer, and prevention. She will also discuss the services offered by Cancer Detection Program: Every Woman Counts, including free screenings to those who qualify.

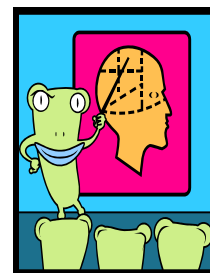


When: Thursday, July 12 at 1:00 p.m.
Where: Social Hall



Memory Games and Alzheimer's Disease

Join Dr. J. Wesson Ashford, Senior Research Scientist at the Stanford/VA Aging Clinical Research Center, for this interactive and popular workshop. Dr. Ashford will discuss Alzheimer's Disease, how to recognize it, what it does, and current research on the disease at Stanford and around the world. Engage in a memory screening game, MemTrax, anonymous and open to anyone who would like to participate. After the screening, Dr. Ashford and a staff member can review results and discuss concerns.



When: Tuesday, July 24 at 10:00 a.m.
Where: Social Hall

Search Engines

If you missed last month's workshop on Google, or if you want to find out more about finding out more on the internet, join Monica Lipscomb for this computer workshop. She will show you how to search on search engines other than Google. Find the information that you want faster and more accurately.

bing

When: Wednesday, July 25 at 2:30 p.m.
Where: Technology Room

YAHOO!



WORKSHOPS



City of Mountain View, CSD, Recreation Division

266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov